



## SY2023-2024: Massachusetts Farming Reinforces Education and Student Health (FRESH): Professional development and training for school food service professionals to enhance school meal offerings

The John C. Stalker Institute (JSI) is pleased to recommend [eight culinary workshops](#) for those wishing to include professional development and training for school food service professionals to enhance school meal offerings.

Feel free to contact Karen McGrail at JSI @ [kmcgrail@framingham.edu](mailto:kmcgrail@framingham.edu) with any questions.

Workshop Name and Description	Cost to Budget (prices subject to change)
<b>Knife Skills: A Cut Above the Rest</b> <i>Sharpen your knife skills in this hands-on workshop. Learn proper knife handling while practicing basic cuts and garnishing techniques to enhance the visual appeal of school meals.</i>	\$349 for 2 hour workshop (min of 7 /max of 20 school nutrition staff)
<b>1 Hour Add-On Equipment Training</b> <i>Add an additional training hour to any of our 2 or 3 hour culinary workshops to teach your staff how to properly and safely use kitchen equipment to increase efficiency and production speed! Chef Instructors will demonstrate how to operate, allow for staff to practice with food, and show breakdown and clean-up.</i>	\$189
<b>Back to Basics: Asian Fusion</b> <i>Discover Asian-inspired cuisine and add a Build-Your-Own Stir-Fry Bowl to your school menu! In this hands-on culinary workshop you will increase your culinary skills and confidence while preparing popular options such as chicken teriyaki, crispy tofu, confetti fried rice, stir-fry vegetables, and more!</i>	\$549 for 3 hour workshop (min of 7 /max of 14 school nutrition staff)
<b>Back to Basics: Indian Fare</b> <i>Spice up your menu with a taste of India and entice your students with a customizable Build-Your-Own Indian dish! In this hands on culinary workshop, you will advance your culinary skills while making delicious recipes, such as tandoori chicken, chana masala, aloo Gobi, and much more!</i>	\$549 for 3 hour workshop (min of 7 /max of 14 school nutrition staff)
<b>Back to Basics: Latin American Cuisine</b> <i>Freshen up your Taco Tuesdays with authentic Latin American cuisine! In this hands-on culinary workshop you will enhance your culinary skills while preparing student favorites, such as fish tacos, fresh salsa, Spanish rice, and more!</i>	\$549 for 3 hour workshop (min of 7 /max of 14 school nutrition staff)
<b>Back to Basics: Mediterranean Flavors</b> <i>Liven up your menu by incorporating Mediterranean flavors into each of your meal components. In this hands-on culinary workshop you will advance your culinary skills while making popular recipes your students will love, such as shawarma pita wraps, hummus, tzatziki sauce, and more!</i>	\$549 for 3 hour workshop (min of 7 /max of 14 school nutrition staff)



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<p><b>JSI Chef-Supported Taste Test</b> <i>Request a JSI chef to lead a Taste Test event at your school and show your staff how to engage with students in sampling and collecting feedback to best promote upcoming menu items. During this full-day training, staff will practice following standardized recipes, quantity food production, food safety handling practices, menu promotion, and more! This training is strongly recommended as a pairing with the Live-Setting Culinary Training. <b>Completion of a Back-to-Basics workshop is required.</b></i></p>	<p>\$549 <i>Minimum of 2 staff members to work alongside the chef, maximum of 4 participants. Requires 3 hours of prep time with staff prior to the start of lunch service.</i></p>
<p><b>Live-Setting Culinary Training</b> <i>Request our innovative Live-Setting Culinary Training and bring the JSI Chef back to your school to work alongside school nutrition staff during regular production hours to prepare and serve a Build-Your-Own Pita Pocket, Street Tacos, Stir-Fry-Bowl, or Indian Dish. This full-day Live-Setting Culinary Training builds the confidence and skills of your staff to offer customizable, student-approved, internationally-inspired menu options in your high school café. <b>Completion of a Back-to-Basics workshop is required.</b></i></p>	<p>\$549 <i>3-4 staff members must be designated to the production and service of the featured menu, with one staff member assigned as the lead</i></p>